

## **ONLINE TRAINING AMONG VARSITY PLAYERS UNDER COVID-19: THE STORY BEHIND EVERY ATHLETES' DETERMINATION**

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### **ABSTRACT**

The study aims to determine the impact of online training among student athletes towards keeping them in shape as well ready for competition, as well as, their difficulties and challenges throughout the course of the COVID 19 lockdown. The significance of this research was to consider the positive effects of player's practices. The preparation of player's would help to have a positive impact on their mental well-being and physical health. The study was a quantitative and qualitative research design that focuses the SA empirical and narrative responses that drove conclusive evidence on online training and its effect to the student athletes' progress and challenges. The student athlete (SA) find means and ways to adapt to training in spite of different environmental condition. As in this case this virtual world holds the key towards staying competitive and keeping them in shape. However, SA face numerous challenges such as Problems with Internet Connectivity, as online training has become a concern for most SA and the Internet became an Invaluable tool as finding means and ways to sorts of intervention schemes to cope up with confinement and isolation. Thus, time management and staying active, bridging the gap between fitness and confinement and being and be productive with autonomy kept SA active and in shape. It was concluded that, online training has been successfully changing the landscape of the sporting world especially for schools and universities around the world, as adaptation, resources, finance, technology and access to internet must be taken to priority. It was also concluded that, as the world begins to recover from COVID-19, there will be significant issues to be addressed to ensure the safety of sporting events at all levels online training paved the way. It was recommended that the sporting federations and organizations. Governments and intergovernmental organizations may provide sports federations, clubs and organizations around the world with guidance related to safety, health, labor and other international standards and protocols that would apply to future sport events and related safe working conditions, and increased the prominence of ICT that will change the platform of training programs in the future.

*Keyword: Online Training, Student Athletes, Covid – 19 Crisis*